



USAREC Family News

Issue 17

Winter 2004

SERVING YOU--THE FAMILIES OF USAREC

Gee-One-derful News

Yes, with the change of our headquarters to a G-staff, our Personnel Directorate has become the G-1. In keeping with that change, our “PER-View” section of the USAREC family newsletter is now the “G-One-derful News.”

I hope that your holidays were festive and that you didn’t overdo it. (Well, not too much.) Now it’s time for making and keeping New Year’s resolutions. What will we resolve to change, improve, and enhance? What new activities will we be starting and which activities will we leave behind? Will we continue in the same direction, or will the road to success take us down a slightly different path? That’s the wonderful part about turning that calendar page and starting on a New Year. We have the opportunity to start anew taking advantage of the lessons we have learned in the past and making improvements where warranted.

A good place for getting new ideas and getting help keeping our resolutions is by visiting the Army One Source Web site. There is a wealth of information

available at no cost for all Soldiers and their families. The service is funded by Department of Defense and is available to all Active and Reserve Component Soldiers, deployed civilians and their families worldwide. Services are available 24/7, 365 days a year via a toll free number or Internet access. Go to <http://armyonesource.com>, log in and sort through all kinds of information about parenting and childcare, everyday issues, emotional well-being, and education. That’s just the beginning. It’s a time and effort-saving tool to add to your problem-solving kit. Where it leads is up to you.

Best wishes for continued success and a Gee-One-derful 2004!



By Martin Skulas, Chief, Soldier and Family Assistance

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Have You Lost the Resolve in Your New Year's Resolutions?

MG Michael D. Rochelle

Fill in the blank: New Year's resolutions are made to be _____. Why is it that most of us choose the word *broken*? Perhaps it's because we dream of beginning anew, being a better person, becoming more successful, or spending more time on things we value. However, we often set out to achieve these things without formulating a plan for doing so. What is the common phrase? "When we fail to plan, we plan to fail?"

Any successful plan is centered on the goals we set for ourselves. Often we set goals in a haphazard fashion without having a clear picture in our minds of what it is we would like to accomplish. We vow to become a better person without asking ourselves what this better person, once developed, would look like. What are the fundamental values that are at the core of you as a person? The person who centers his/her goals on those values is the one who will achieve the most happiness and success. Be sure the goals you set reflect what you want for yourself and not what others want for you. Goals set to impress others are rarely kept. Begin by developing a clear vision of your overall personal objective, then develop your goals to support that objective.

Don't be afraid to dream, for dreams make life worthwhile. Stretch your imagination. Think outside the box. Know what motivates you in order to have the commitment to achieve your desired outcome. Be specific. It's not enough to

want to get better at something or improve in some way, for the more wiggle room you allow yourself, the harder it will be to measure results.

Connect with people who have different ideas and aspirations. They can challenge, inspire, and motivate you. You will find they are also the ones who maintain positive attitudes and keep you from becoming discouraged.

As recruiters, we are very familiar with the importance of maintaining definite goals and objectives in order to achieve the required mission. We must not, however, in our quest to be successful in our mission, forget to include our families in that personal goal setting. You, the families of USAREC, are our support, our inspiration, and our motivation for doing what we do. Our overall plan should include time for connecting with our families, time to attend that soccer game, that dance recital, and that important family dinner. It is during these special times that we strengthen that family bond that can, in turn, help us achieve the professional goals we establish for ourselves.

Make no mistake about it. We in Recruiting Command play such an important role in the Army. Without what we do, the country would not have the fine young men and women it needs to fight this war on terrorism and protect our precious freedoms. We need each recruiter to be focused on the task at hand, and each family member's continued understanding and support of this mission. Setting strong personal goals will help us to maintain that focus. Never has it been more important.

Grace and I want to wish all of you a very happy new year and may you be successful in achieving the dreams reflected in this year's resolutions.

Chaplain's Notes



Chaplain (LTC) Lyndell E. Stike

The Power of Love

Defining love is difficult at best and seeing a word picture can assist us in developing a clearer understanding of the emotion. Janice Connolly provided me this account of love in action.

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year-old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl, and day after day, night after night, Michael sang to his little sister in Mommy's tummy.

He was building a bond of love with his little sister before he even met her. The pregnancy progressed normally for Karen, an active member of the Panther Creek United Methodist Church in Morristown, Tenn. In time, the labor pains came.

Soon it was every five minutes, every three, every minute. But serious complications arose during delivery and Karen found herself in hours of labor. Would a C-section be required? Finally, after a long struggle, Michael's little sister was born. But she was in very serious condition. With a siren howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary's Hospital in Knoxville, Tenn.

The days inched by. The little girl got worse. The pediatric specialist regretfully had to tell the parents, "There is very little hope. Be prepared for the worst." Michael, however, kept begging his parents to let him see his sister. "I want to sing to her," he kept saying. Week two in intensive care looked as if a funeral would come before the week was over.

Michael kept nagging about singing to his sister, but kids are never allowed in the Intensive Care. Karen made up her mind, though. She would take Michael whether they liked it or not! If he didn't see his sister right then, he might never see her alive.

She dressed him in an oversized scrub suit and marched him into ICU. He looked like a walking laundry basket, but the head nurse recognized him as a child and bellowed, "Get that kid out of here now! NO children are allowed!" The mother rose up strong in Karen, and the usually mild-mannered lady glared steel-eyed right into the head nurse's face, her lips a firm line. "He is not leaving until he sings to his sister!"

Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live. After a moment, he began to sing. In the pure hearted voice of a 3-year-old Michael sang: "You are my sunshine, my only sunshine, you make me happy when skies are gray." Instantly the baby girl seemed to respond. Her pulse rate began to calm down and become steady. "Keep on singing, Michael," encouraged Karen with tears in her eyes. "You never know, dear, how much I love you. Please don't take my sunshine away."

As Michael sang to his sister, the baby's ragged, strained breathing became as smooth as a kitten's purr. "Keep on singing, sweetheart!" "The other night, dear, as I lay sleeping, I dreamed I held you in my hands ..." Michael's little sister began to relax as rest, healing rest, seemed to sweep over her.

"Keep on singing, Michael." Tears had now conquered the face of the bossy head nurse. Karen glowed. "You are my sunshine, my only sunshine. Please don't take my sunshine away...."

The next day ... the very next day ... the little girl was well enough to go home! "Women's Day Magazine" called it "The Miracle of a Brother's Song." The medical staff just called it a miracle.

Never give up on the people you love. Love is so incredibly powerful.

To the world you may be one person, but to one person you may be the world



EAP - At Your Service

EAP = Assistance at Anytime at No Cost

Everyone has personal problems from time to time that can make life difficult and interfere with work. An Employee Assistance Program (EAP) can help you cope with and solve these problems. The EAP offers professional, confidential counseling and consultation that can help you take early, positive steps toward problem resolution. These services are available at *no cost to you*.

EAP Consultants, Inc., a private, independent firm, provides comprehensive EAP services. They offer assessment, short-term counseling and referral services for a wide range of personal problems, as well as a variety of work/life issues. The EAP Web site and professionals will help you to identify and clarify your concerns, look at all the options and develop a plan of action to create solutions that work.

EAP Consultants can help you find solutions to a full range of personal concerns. No problem is too big or too small. These can include: stress, crisis, work-related difficulties, marital and family problems, alcohol and drug problems, emotional concerns, life adjustments, relationship issues, medical problems, childcare, eldercare, legal, financial, education.

EAP Consultants provides a Web site to assist with these issues. Other services for recruiters and their family members include –

▶ “Face-to-face” short-term counseling service provides up to four sessions with a professional counselor in your local area. While the number of sessions is limited, the number of ‘problem’ events is not limited. The four sessions are provided at no cost to the recruiter or family member.

▶ Power of attorney will be provided at no cost to the recruiter or family member.

EAP Consultants provides consultation and counseling appointments through a toll-free phone number, 800-869-0276, 365 days a year, 24 hours a day. Information and assistance is also available through their Web site at www.eapconsultants.com. You will need your unit’s user id and password to access some areas of the Web site.

Contact your battalion Soldier and family assistance program manager for your unit’s user id/password and additional information.

Army One Source —a Soldier and family resource program to help you run your life a little more smoothly

You spend every day trying to make time for everything that’s important to you — your mission, your family, and your life. Sometimes it can seem as if there’s too much for you to handle. Whether you’re trying to find child care, trying to get out of debt, coping with a family

problem or personal issue that’s weighing you down at home or at work, or just dealing with the ups and downs of everyday life — if you need a helping hand, get in touch with Army One Source. No matter who you are, no matter what kind of issues you’re dealing with, Army One Source is designed to help you find the support, advice, and resources you need. No question is too small; no issue is too big. The service is private. Because you never know when you’ll need them, they’re there 24 hours a day, 7 days a week. The program can give you information, advice, and support on a wide range of everyday issues, including:

- ▶ *Parenting and child care*
- ▶ *Education*
- ▶ *Midlife and retirement*
- ▶ *Deployment and reunion*
- ▶ *Financial*
- ▶ *Legal*
- ▶ *Everyday issues*
- ▶ *Work*
- ▶ *International*
- ▶ *Relocation*
- ▶ *Emotional well-being*
- ▶ *Addiction and recovery*
- ▶ *Grief and loss*

Army One Source offers you:

- ▶ A real person to talk to when you need help or an answer to a question.
- ▶ An award-winning Web site with online articles, workshops, locators, self-assessments, and much more.
- ▶ Pre-paid booklets, audio recordings, and other materials to help you get the answers you need in the format you want.

- ▶ Face-to-face counseling, up to six sessions for each issue.
- ▶ Referrals to resources, services, and support in your community.
- ▶ A commitment to always being there when you have a question or need help.

Get in touch with Army One Source today

Call toll-free at 800-464-8107
Online:
www.armyonesource.com
User ID: army
Password: onesource
Unit Identification: Recruiting Command

USAREC's Sold on



SOLD (Spouse Orientation and Leader Development) is an initiative designed to better integrate spouses into the Army environment.

Because Army families are an integral part of the Army team, spouses must have a positive connection with the Army. SOLD is not a program, but a system. The system provides the framework used to house key resources under one roof.

The SOLD journey begins with USAREC and Cadet Command. This is usually where families have their first experience with the Army. The goal is to connect spouses, parents, and significant others to the Army at the earliest junction in a soldier's career.

Ensuring new Army spouses are aware of the resources available to them increases the potential for their success as committed members of the military community.

Personal Development System (PDS)

The Personal Development System is a Web application associated with SOLD. The application is accessible from www.MyArmyLifetoo.com. Through the PDS, spouses can improve their life skills, gain access to resources for employment and career development, and track their personal accomplishments. The PDS allows spouses to build connections with other spouses throughout the Army through the Internet. It is the gateway to resources and services designed to make Army life satisfying, fulfilling, and rewarding for Army spouses.

Life Skills Matrix

The Life Skills Matrix is a database containing a catalog of knowledge, skills, and abilities that relate to four levels of SOLD leadership. Users may search the database for existing systems and services available in the Army and civilian community to support their needs and personal goals.

Volunteer Opportunities

Volunteers serve to enrich the system by providing the personal contact to Army spouses. Volunteers may serve as SOLD ambassadors, lifeline coaches or mentors. Ambassadors are the official volunteer spokespersons for SOLD. They are the individuals who are trained to provide briefings to commanders, Soldiers, family members, and

other audiences to promote this initiative.

SOLD lifeline coaches are volunteers whose job is to connect with Army spouses through the Internet or within the recruiting company or station. Coaches provide information, guidance, and motivation.

SOLD mentors are volunteers who partner with Army spouses through the online Mentor Connection service. They serve as a confidant, coach, and advisor. They are typically individuals who have been a part of the Army family long enough to gain experience to assist others who are less experienced with Army life.

Individuals interested in becoming an ambassador, lifeline coach or mentor should contact the Soldier and Family Assistance Branch at 800-223-3735 extension 6-1080 or e-mail Rose.Tinker@usarec.army.mil.

It is important to remember, SOLD is not a new program but an enhancement to the way the Army provides information and services to Army spouses. The major enhancement is the creation of the www.MyArmyLifetoo.com Web application that allows users to manage their personal development, explore opportunities through the Skills Matrix, track their experiences and accomplishments, and maintain their personal portfolio that can be used to track achievements and experiences. Is it any wonder that USAREC is sold on SOLD?



The Facts of Highway Safety

By John Kolkman, MS, CSHO

Each year USAREC is hit with traffic fatalities that occur to our service members on duty, as well as their family members when driving in the general public. We have listed some basic statistics from the National Transportation Safety Board. See if you can pick some of the trends that apply to you and your family.

Children:

Highway deaths are the number one killer of children in our nation. Between 1990 and 1999, over 90,000 children under the age of 20 died in motor vehicle crashes.

Over 16,500 of those children were under the age of 10 - meaning that 33 children under the age of 10 died every week in motor vehicle crashes.

During that same time, over 57,500 teens between 16 and 20 died in traffic crashes - about 110 each week.

And, over eight million children were injured.

Children are all equally vulnerable - whether they are Caucasian, Asian, Latino, African-American, or Native American - because highway crashes do not discriminate. However, statistically, highway fatalities are more prevalent among African-American and Latino children. Research conducted by Baltimore's John Hopkins University School of Public Health found that:

1. The risk of African-American children, ages 5-12

dying in a crash per mile traveled is almost three times as great as that of Caucasian children.

2. African-Americans under 4, have the highest death rate; Latino children under 4 have the 2nd highest death rate.
3. Latino children, 5-12 years old have a 72 percent greater death rate than Caucasian children. However, the death rate for Latino children is 43 percent lower than that for African-American children.

Youth Driving:

Motor vehicle crashes remain the leading cause of death for 15-20 year olds.

In the decade of the 1990s, 63,000 youth aged 15-20 died in traffic crashes, more than 120 each week.

In 2001, 3,608 drivers 15 to 20 years old were killed, and an additional 337,000 were injured, in motor vehicle crashes. In 2001, 8,137 15- to 20-year-old drivers were involved in fatal crashes.

While traffic crashes account for approximately two percent of all deaths, they account for 36 percent of all deaths among 15- to 20-year-olds. In 2000, teen drivers constituted only 6.8 percent of licensed drivers, but were involved in 14.6 percent of all highway fatalities. The estimated cost of police-reported young driver crashes was \$42.3 billion in 2001.

About 20 percent of teen driving occurs at night, but about 50 percent of teen fatalities (those occurring with a teenager at the wheel) occur during the hours of darkness.

The risk of a crash involving a teenage driver increases with

each additional teen passenger in the vehicle.

In 2001, 25 percent of fatally injured drivers aged 15-19 were intoxicated (blood alcohol concentration [BAC] greater than 0.08 percent). Another six percent had a BAC of 0.01 to 0.07 percent.

Crash severity increases with alcohol involvement among 15- to 20-year-old drivers. In 2001, three percent of young drivers in property-damage-only crashes had been drinking, five percent of young drivers in injury crashes had been drinking, and 23 percent of young drivers in fatal crashes had been drinking.



General Statistics:

The number of fatalities to occupants of highway vehicles has always been the highest of any form of transportation. The protection of these occupants is of prime importance to any agency with responsibility for highway safety.

More than 31,900 people died in 2001 as passengers in auto crashes; the reported restraint use rate among all occupants of passenger cars involved in fatal crashes was 61 percent.

Lap/shoulder belts, when used, reduce the risk of fatal injury to front seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent.

When adults are buckled up, 87 percent of children are buckled up, but when adults are not buckled up, only 24 percent of children are buckled up.

► States with primary enforcement have about 10-15 percent higher seat belt use than states with secondary enforcement.

► NHTSA estimates that more than 21,000 lives could have been saved in 2001 if all passenger vehicle occupants over age 4 used seat belts.



To sum it all up:

Not only are our Soldiers a valuable resource, but our Soldier's families are too. They stand behind those military and civilian members that go out everyday to complete a difficult mission. We want no distractions from having a safe and successful completion to each mission milestone. The only way we can do that is to ensure that you are provided the tools and knowledge to keep yourself and your family safe and secure this winter season.

Take time to ensure all possible safety measures are in place before you drive away from home. Soldiers and employees should visit the USAREC Safety Web page for more information on child safety seats, policy, and recent safety alerts issued by MG Rochelle on USAREC accidents.

Manage your driving risk effectively and have a safe holiday filled winter season.

Want to take off those few pounds you added over the holidays. Here are a few tips.

JUNK FOOD JUNKIE?

How to Kick the Habit

We know why they call it "junk" food – it has little if any nutritional value, is often high in

calories, fat, sodium, sugar, and refined flour – but we eat it anyway. We like it, even though we may feel guilty after we indulge. The fact is, an occasional bag of potato chips or hot dog with the works won't kill you, but when junk food becomes a regular part of your diet, it can interfere with your nutritional health. Junk food can fill you up so that you don't feel like eating more nutritionally balanced meals. So, if you're a junk food junkie, try these tips for breaking your habit. Start gradually, making one change at a time. If you give yourself time to adjust to new habits, you'll be more likely to keep up with them. You won't feel as if you're depriving yourself, and with each successful step, you'll be motivated to follow through with the next. If you're like most people, it would be unrealistic to think that junk food will never pass your lips again. But it's very realistic – and healthful—to make simple changes in your eating habits to help limit the amount of junk food you eat.

Why wait? Junk food should be the exception – not the rule – for healthier eating habits. You may even discover that "real" food isn't half bad.

Tips for Kicking the Junk Food Habit

► *Begin by switching to the low-salt variety of your favorite snack chip or cracker – it's a start!*

► *If sweets are your downfall, try baking your own treats and reducing the amount of added sugar and fats by half.*

► *If you are quite certain that you can't live without candy, save it for a special occasion rather than an everyday indulgence. (For instance, you*

might allow yourself one candy bar on Sundays only.)

► *Choose popcorn instead of potato chips for a quick snack. (First try your popcorn without the added butter; then try it without the added butter or salt.)*

► *Pretzels (unsalted) are a better choice than chips since they are lower in fat.*

► *At fast food restaurants, opt for a plain burger rather than deep-fried chicken and fish sandwiches, or share a portion with a friend.*

► *Instead of soda pop, mix ½ cup fruit juice with ½ cup plain carbonated water or sodium-free seltzer.*

► *Instead of an ice cream sundae, try a low-fat frozen yogurt dessert, or a frozen fruit juice pop.*

► *When you have pizza, at least eliminate the high-fat meat toppings (sausage, pepperoni, meatball), and try bell pepper, onion, mushroom, or a combination of vegetable toppings.*

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Army Information Line Staff: ready to assist

The Army Information Line staff is available from 8 a.m. to 4:30 p.m. EST, Monday through Friday (except holidays) at 1-800-833-6622. The staff serves the needs of all seven constituent groups of Army Well-Being: Soldiers (active duty, National Guard and Reserve), civilians, retirees, and families. The staff possesses a broad range of knowledge and can access resources and offer guidance to assist in resolving issues.